



# *the* **HELMSMAN COMPLEX NEWS**

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The Helmsman Complex Singleton Ave. & Intrepid St. NSA Mid-South  
Millington, TN... call 874-5132 for more information



## ***Please note:***

***Helmsman is now open 7 days a week!***

***Breakfast served 6-8:30 a.m. daily***

***Lunch served 10:30 a.m.-1:30 p.m. daily***

***Dinner served 5-8 p.m. daily***

*In an effort to provide dining for our shipmates and their families who have been displaced from the gulf coast area, the Helmsman Complex is now serving three meals each day, seven days per week. If you know of any displaced personnel, please let them know about the extended dining hours. These meals are also available to all-hands. Breakfast and Dinner has been added to the regular dining schedule in the Oaks Dining room. Tennessee Cafe hours are not affected. Please join us.*